

August 2025

# CONNECTIONS

*The Still Hopes Community Magazine*

*A Stroll for the Good  
of the Soul  
Story on page 8*

50  
Years





## AUGUST BIRTHDAYS

01 Melba Reeves	20 Betty Martin
03 Carol Anfin	20 Barbara Kelly
06 William Folks	21 Anne Barber
06 Gary Jewett	21 Margaret Barron
07 Eugene Rogers	25 Elliott Cooper Jr
08 Tad McKay	26 Rob Graybill
09 Kent DeMars	27 Nancy Dunbar
09 Suzanne Wall	27 Elizabeth Guerri
10 Betsy Adams	27 William Payne Jr
10 Wayne Herman	29 Mary Pennington
10 Lee Mancini	29 Toni Eugene
10 Bonnie Smith	29 Caroline Trickey
11 Betty Jean Ireland	29 Julie Shaylor
12 Robert Morris	30 Charlton Law III
13 Marion Martin	31 Barbara Moody
17 Jacquie Corley	31 Laurely Nance
17 Carolyn King	31 John Thomas
19 Coleman Chambliss	31 Kenneth Richey
19 Barbara Metzger	31 Bill Salisbury

## Lunch Bunch

SUN MING CHINESE FOOD

FRIDAY, AUGUST 15, 2025

BOARD: 10:45 AM DEPART: 11:00 AM

MCDOWELL FRONT ENTRANCE  
BY RESERVATION, SELF PAY

DAY TRIP TO CHARLESTON, SC

## Lunch at Blind Tiger and Visit to the SC Aquarium

Tuesday, August 26

Board: 9:45 am

Depart: 10:00 am

McDowell Front Entrance  
Cost: \$60.00

RSVP in LE Book, Resident  
Charge for ticket, Self-Pay for  
Lunch and Gift Shop.

## Summer Film Series with



Dr. Don Greiner

Fridays at 1:00 pm

**August 1**

Keenan Event  
Center

**Murder, My Sweet**

1944 1h. 35m. CC

**August 8**

Multipurpose Room

**Le Samourai**

1967 1h. 41m. CC

**Each screening includes a brief introduction  
and an optional post-film discussion  
led by Don.**

## Hollywood Hits

Fridays at 3:00 pm

Keenan Event Center

**\*\*Unless otherwise noted\*\***

**August  
15**

**The Wizard of Oz**

1939 G 1h. 42 m. CC

**August  
22**

**The Quiet Man**

1952 NR 2h. 9 m. CC

## SATURDAY MOVIE MATINEE

August 23, 2025 at 2:00 pm

Keenan Event Center

Our Souls At Night

2017 NR 1h. 43 m. CC





## Welcome New Residents!

Shelby Sullivan  
Ann Allison and Bill Watkins  
John Richards  
Carolyn Silvester  
Mary Louise Thompson

*The Keenan Diaries*

TUESDAY, AUGUST 26  
4:00 PM  
KEENAN EVENT CENTER

*with New Resident Reception to follow in the Atrium*

**Newcomers Information Session**  
with Michelle Rabon  
Thursday, August 14  
11:00 a.m.  
Keenan Event Center



### USC STADIUM TOUR & LUNCH AT BACKSTREETS

Thursday, August 21  
Board: 10:15 a.m. Depart: 10:30 a.m.  
McDowell Front Entrance  
Cost: \$12.00

RSVP in LE Book, Resident Charge  
Includes ticket, transportation,  
water & snacks.  
**Lunch is self-pay.**



### TEAM TRIVIA

**MONDAY NIGHTS AT 5:00 PM**  
**IN THE KEENAN EVENT CENTER**

This August, guest callers Bill Belvin and Malcolm Fletcher will each take the mic for a week of Trivia fun! What wild and wonderful themes will they bring?  
You'll have to join us to find out!

## Apartment, Cottage & Concierge Suites Life Engagement Bus Departure Times

**Columbia Museum of Art**  
**Guided Tour by Joyce Macauda**  
Friday, August 1 | 9:45 a.m.

**Publix**  
Wednesday, August 6 | 10:15 a.m.

**Artists for Africa Performance at  
Township Auditorium**  
Friday, August 8 | 5:45 p.m.

**Day Trip to Charlotte**  
**Life Sized Monopoly &  
Dinner at Pinky's**  
Wednesday, August 13 | 1:00 p.m.

**Lunch Bunch**  
**Sun Ming Chinese Food**  
Friday, August 15 | 11:00 a.m.

**USC Stadium Tour & Lunch at  
Backstreets Grill**  
Thursday, August 21 | 10:30 a.m.

**Day Trip to Charleston**  
**Lunch at Blind Tiger &  
Visit to the SC Aquarium**  
Tuesday, August 26 | 10:00 a.m.

### LIFE SIZED MONOPOLY & DINNER AT PINKY'S

WEDNESDAY, AUGUST 13, 2025  
BOARD: 12:45 PM DEPART: 1:00 PM  
MCDOWELL FRONT ENTRANCE  
COST: \$57 INCLUDES TRANSPORTATION, SNACKS,  
AND DRINK TICKETS.  
BY RESERVATION, RESIDENT CHARGE,  
SELF-PAY FOR DINNER





*Still Hopes Employee of the Month:*  
**James Gary**  
*Life Engagement Transportation Coordinator*

James is always on time, caring and personable. He gets us to medical appointments on time and in a good mood. James is well-organized and responsive to our requests. All the drivers are good but James is the best.

**Submitted by: Judy Milone**

James is so considerate he knows some has anxiety regarding the ramp. Having James take us to appointments saves me the strain of loading and re-loading the wheelchair. James is very kind and conscientious. We are grateful to him for his care.

**Submitted by: Patsy White**

James is always so pleasant and kind. He is always on time. I don't know what I would do without the help of transportation, I have many appointments and I always get a ride. Thank you James.

**Submitted by: Ranel Mencarelli**



## Dog Days of Summer Celebration

RESIDENT DOG PARADE & PAW-TY

TUESDAY, AUGUST 19 AT 10:30 AM

10:30 AM | MEET AND GREET WITH GREENWAY RESIDENTS

11:00-11:45 AM | PARADE FROM GREENWAY TO LOWRY'S

TREATS FOR OWNERS AND DOGS AFTER PARADE IN LOWRY'S

PLEASE SIGN UP YOUR PUP IN THE LIFE ENGAGEMENT BOOK. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT HOPE SENDLER AT 803-739-5018







# Chapel of the Holy Spirit

REV. DOUGLAS GRAY, CHAPLAIN 803.739.5033 | dagray@stillhopes.org

REV. ERIC DYE, ASSOC. CHAPLAIN 803.240.8278 | erdye@stillhopes.org

## Sunday Worship Service

*Join us for Worship  
in the Chapel of the Holy Spirit  
Sundays • 11:00 am or live stream  
service on channel 1390/122/.*

## Chapel Healing Service

Led by Trinity Cathedral Clergy  
The next service will be held on  
**Wednesday, August 13 • 11:00 am**  
**Chapel of the Holy Spirit**  
**All residents are welcome to attend.**  
*Holy Communion and  
prayers for healing.*

### We fondly remember...

Gayle Belvin

## Coming in September

Season 5 of the Chosen!

**Thursdays  
10:30 AM**

**Chapel of the Holy Spirit**

## Bible Studies

### Monday Bible Study

**Led By Ella Pfaehler**

**Where Do We Go From here?**

**By David Jeremiah**

*Mondays • 11:00 am*

*Chapel of the Holy Spirit*

### Monday Bible Study

*Weekly Gospels*

*Mondays • 1:30 pm*

*3rd Floor McDowell Activity Room*

### Men's Bible Study

**Acts**

*Tuesdays • 11:00 am*

*3rd Floor McDowell Activity Room*

### Thursday Bible Class

**"The Alpha Course" with**

**Nicky Gumbel and**

**Doug Gray**

*Meets at 10:30 am in the*

*Chapel of the Holy Spirit*

**The Alpha Course will NOT meet on  
Thursday, August 14.**



*Bible Verse*

**The Lord is not slow about his promise, as some think of slowness, but is  
patient with you, not wanting any to perish but all to  
come to repentance.**

*2 Peter 3:9, NRSV*



## LIFE ENGAGEMENT

### Living a vibrant and full life!

*Residents are given many opportunities and choices of maintaining a full, active lifestyle*



Michelle Rabon  
Director of Life  
Engagement  
mrabon@stillhopes.org  
910-367-9711

#### VOLUNTEER WITH LIFE ENGAGEMENT

- Shoppe on Main
- Activities and Strolls in Jane Bruce Guignard
- Writing Newsletter Articles
- Calling Trivia or Bingo
- Maintaining Birdfeeders
- Seasonal Decorating

If interested, contact Michelle at  
mrabon@stillhopes.org

## TECH WORKSHOP: AI

*Understanding  
Artificial  
Intelligence*

Tuesday, August 5  
3:00 pm  
Keenan Event Center 2 & 3



*Forks, Knives & ....*

# Spoonbills Dinner

**THURSDAY, AUGUST, 28 2025, 6:00 PM**

**KEENAN EVENT CENTER**

JOIN THE SOUTH CAROLINA WILDLIFE FEDERATION (SCWF) AND LIFE ENGAGEMENT FOR A MULTI-COURSE, WINE-PAIRED CONSERVATION DINNER FEATURING DISHES INSPIRED BY IMPERILED BIRD SPECIES CREATED BY OUR CHEFS AND THE DIRECTOR OF CULINARY SERVICES. AS EACH COURSE IS SERVED, SCWF INDUSTRY HABITAT MANAGER JAY KECK WILL SHARE INFORMATION ABOUT EACH SPECIES AND THE CONSERVATION EFFORTS NEEDED TO HELP THEM THRIVE!



TICKETS ARE: \$52.00 PER PERSON INCLUDES MEAL, WINE WITH MEAL & DOOR PRIZE TICKET (FOR A CHANCE TO WIN ONE OF FOUR DOOR PRIZES). RSVP IN THE LIFE ENGAGEMENT RESERVATION BOOK. GUESTS ARE WELCOME TO ATTEND!



# STILL HOPES SINGERS

## REHEARSALS RESUME

### *Interested in Joining the Still Hopes Singers?*

Join us at the annual Rehearsal  
& Recruitment Party  
Wednesday, August 6 at 3:30 p.m. in  
the Keenan Event Center

**WEEKLY REHERSALS**  
**WEDNESDAYS AT 3:30 PM**  
**KEENAN EVENT CENTER**

### **MARK YOUR CALENDAR**

**The Still Hopes Singers  
Christmas Concert**  
**Wednesday, December 10, 2025**  
**3:30 p. in the Keenan Event**

**The Still Hopes Singers  
Spring Concert**  
**Wednesday, May 27, 2026**  
**3:30 pm in the Keenan Event center**  
Help us make the 2025-2026 season  
the best one yet!

### *Camille Jones - Our Conductor*



Camille Jones graduated from the University of South Carolina in Columbia with her Bachelor's of Music (1986) and Master's in Music Education (1997). She has attained her National Board Certification and Recertification. Camille has

re-retired after 36 years of teaching in Lexington One: two years at Indian Land (Lancaster County), 31 at Gilbert Middle and High teaching choir, almost two years at Red Bank Elementary and Rocky Creek Elementary teaching general music. She serves as musical director and/or accompanist for many shows in the Lexington and Columbia area community theaters and is music director at Cayce United Methodist Church having previously served as music director at Marion Street Chapel at Fort Jackson, Nazareth Lutheran and Zion Lutheran.



Carl Eisenstadt started apprenticing to become a piano technician at age 15, 56 years ago. He has rebuilt pianos at Rice Music House, owns his own rebuilding and refinisher business, and has trained with Yamaha and Steinway. As the registered piano technician at Still Hopes, he is the one that makes our chamber series with concert pianist Andy Armstrong sound amazing. He is seen here with residents after an informative presentation named The Piano: From the Medici's Florence to the Present.

# A Stroll for the Good of the Soul

By: Michelle Rabon,  
Director of Life Engagement

With a big smile, Mary Sharp launches into a story that made her laugh and forever adore her neighbor Don Blondin. “He took me on a stroll to see his dog,” she explained. “Don said on the way ‘he’s the best dog ever. He never barks!’” To Mary’s surprise, there stood a beautiful wooden dog, affixed outside Don’s apartment to welcome all. Mary laughed, “That is one good dog you got there, Don!”

And this is how it goes between Mary and Don. Mary lives in Jane Bruce Guignard (JBG) neighborhood while Don lives in Building 6. There’s never a dull moment on their strolls around Still Hopes. After logging in a couple of miles around the community, they make a regular stop at the Wellness Center to watch the swimmers. “It is delightful to see residents swimming in our pool,” said Mary.

In November of last year, Don lost his best friend and wife of 39 years. He missed Dorothy, especially their walks together. Living alone was new, too. With the onset of grief, Don needed a new purpose and found it as a volunteer in Life Engagement. “It has made a difference,” said Don. “I am not used to sitting around.”

Life Engagement Specialist Diane Fisher describes Don as one of the most cheerful volunteers in JBG. “He arrives early to volunteer,” she said. “He thinks of volunteering as a job.” This stands to reason since Don was the Marketing and Communications Manager for Cooper Power Tools. He is also a veteran Marine. Being busy and having purpose in life is important to him.

As a volunteer, Don also offers time for Diane to focus on enriching activities, like playing piano, while he (continues on page 9)



(continued from page 8) gathers residents to hear her play from the three community neighborhoods. “He’s a blessing,” said Diane. “I benefit from his service as much as the residents.”

Back to Mary and her strolls with Don... They were strolling one day and ran into Mary’s childhood friend Larry Sease. Larry now lives at Still Hopes.

“I was so happy to see Larry,” said Mary. “You never know who you will meet while out with Don!”

With a twinkle in his eye, Don expressed how good volunteering is for his soul, too. “It is one of the best parts of my day.”

*If you would like to volunteer with Life Engagement at Still Hopes, contact Michelle Rabon at [mrabon@stillhopes.org](mailto:mrabon@stillhopes.org).*

Heathwood Hall Episcopal School hosted a Highlander Celebration at Still Hopes for resident alumni, parents of alumni, and grandparents of current students. Attendees shared memories - both past and present - that connected Still Hopes to Heathwood. Nela Edgar, adorned in photo-necklaces of her grandchildren, joined the party with her daughter while Ronald Miller, Retta Miller’s son, showcased the “cup” he earned in school as a Highlander. Head of School Chris Hinchey gave an overview of the new multi-million dollar projects the school now offers to current students. Life Engagement looks forward to partnering with Heathwood Hall for intergenerational activities at Still Hopes this fall.





## July 4<sup>th</sup> Festivities at Still Hopes



## Artists for **AFRICA**

In 2012, professional ballet dancer Cooper Rust, traveled to Kibera slum in Nairobi, Kenya to volunteer as a dance instructor with Anno's Africa. So profoundly moved by her experience in Kibera, Cooper returned to her home in Columbia, SC, and founded Artists for Africa, a US registered 501 (c) (3) non- profit organization to help support arts education in Kenya. Artists for Africa currently supports programs to offer arts education to children in the Kuwindu slums, provide safe housing to talented young artists, to provide academic scholarships to allow other arts students to continue their educations, and to provide advanced opportunities for students to study their art outside of Kenya. Funding for Artists for Africa relies on contributions from individuals and businesses, the annual Artists for Africa Performance event, and the annual Post Card Art event. To date, Artists for Africa has raised over \$100,000 to support its expanding programs and scholarships.

### UPCOMING EVENTS

#### **Student Dancers from Kenya & Artisan Work Sale**

Thursday, August 7

3:00 PM

Keenan Event Center

#### **Artists for Africa Performance at the Township Auditorium**

Friday, August 8

Board 5:30 PM Depart: 5:45 PM

McDowell Front Entrance

Reception: 6:00 PM

Performance: 7:00 PM

RSVP in LE Book

A showcase of dance, music and theater performed by professionals in Columbia, SC. From Broadway to the Kirov, the program is highlighted with performances by founder Cooper Rust and scholarship student dancers from Kenya. Guests delight in a lavish cocktail hour, silent auction, and sale of Artisan works from Kenya prior to the performances. Proceeds benefit Artists for Africa.



# INTRODUCING

## Still Hopes Online Billing Statement Portal

*by Matrix Care*

- View your statements online
- Reference your invoices and bill statements
- Securely access your account and allow others you designate to access your account

Request this service by emailing [billing@stillhopes.org](mailto:billing@stillhopes.org) or by calling Shelly at 803-739-5003 or Christana at 803-995-8060.

## COLLEGE FOOTBALL KICK OFF PARTY

Kick things off by watching a classic Carolina vs. Clemson football game, enjoy some fun tailgate-style games, and dig into delicious snacks. Wear your favorite team gear and strike a pose at our themed photo booth! Residents are encouraged to BYOB and bring a tailgate treat to share.

Let the rivalry fun begin!

**Friday, August 29, 2025**

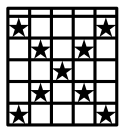
**3:00 pm**

**Keenan Event Center**



Don't forget to Bring Your Pocket Change and place it on your favorite South Carolina team  
Clemson or Carolina!

Who will prevail in this friendly face-off?  
2 Teams. 1 Cause. Let's tackle Alzheimer's together, one coin at a time!

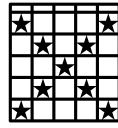


## BINGO BONANZA!

TUESDAY, AUGUST 19, 2025

4:15 PM

KEENAN EVENT CENTER



## BLOOMING ARTISTS

Day Program and Residents in Rose Gardens painted bird houses and watercolor art during the hot summer months of June and July.





# Community Services

AN ONSITE, ONGOING PROGRAM FOR  
APARTMENT, CONCIERGE SUITES &  
COTTAGE RESIDENTS



**Kim Carpentier**  
*Director of Community  
Services*  
[kmcarpentier@stillhopes.org](mailto:kmcarpentier@stillhopes.org)  
803.739.5047

## HEALTHY DYNAMICS

*NEWS YOU CAN USE!*

### Getting to Know You!

**Thursday, 3:00 pm**

**August 14 | Keenan Event Center**

Join us as new residents & staff members introduce themselves to our community by sharing their interests, hobbies, & life experiences.

 *And of course, there will be chocolate!*

### Open To Hope Grief Support Group

Please join group leaders **Nela Edgar,**  
& **Patsy Malanuk** for support and resources  
following the loss of a loved one.

**Wednesdays, August 6 & August 20**  
**1:00 pm–2:00 pm**  
**Guignard Music Parlor**

### 3D Digital Mammography Screening

The Mobile Mammography Unit  
from PRISMA HEALTH

**Thursday, October 9th, 2025**

Pick up an information flyer at the Healthy  
Dynamics table on Main St.  
To schedule an appointment, please call  
Prisma Health Scheduling at  
803-434-9100.

For questions, call Kim Carpentier at  
803-739-5047.



**THE VISIONARIES:**  
**LOW VISION SUPPORT GROUP**  
**Wednesday, August 20**  
**2:00 pm-3:00 pm**  
**Guignard Dining Room**

### Mindfulness and Meditation

Each Wednesday from

**4:00pm -4:30 pm**

**Guignard Mansion**

**NO EXPERIENCE NECESSARY!**

*"It always seems impossible until it's done."*  
Nelson Mandela



### SHARE: Caregiver Support Group



*open to all residents who are care  
partners for a spouse*

**Tuesday, 1:30 pm-2:30 pm**

**August 5 | Guignard Dining Room**

### PRESCRIPTION MEDICATION DISPOSAL

**Bring your outdated or unused  
prescription medication to  
the McDowell Front Desk on  
Tuesdays and Thursdays  
from 9:00 am – 11:00 am**

*Please mark through all personal information on  
the medication label.*



### Hearing Services

**Hearing Device Specialist**

**Mike Arndt**

Please call Mike's office, *Digital Hearing  
Outlet* at 803-490-2920 to schedule an  
appointment to be seen at Still Hopes.

### Parkinson's Support Group

**Welcomes those living with Parkinson's Disease  
and their care partners to join us at our next  
quarterly meeting on:**

**Friday, August 15 · 11:00 am**  
**Keenan Room 3**



## PODIATRY SERVICES

Podiatrist Dr. Keyoka Smith will be  
at Still Hopes in the  
**Wellness Center Spa Room**  
**on Wednesday, August 13 and**  
**August 27**

Please sign up to see Dr. Smith in the  
Healthy Dynamics book on Main Street.

**We will call you to schedule your  
appointment.**

Due to high demand, we occasionally  
experience a waitlist for new patients.  
If you are interested in becoming a patient of  
Dr. Smith's, Holly Faulkenberry is happy to  
discuss her current availability with you.  
Please call Holly at 803-995-8133.

## Clearing the Path & Finding The Way: Dementia Resource Group

Open to all residents who are care partners  
to those navigating cognitive challenges.  
**Tuesday, August 12 1:30 pm-2:30 pm**  
**Guignard Dining Room**

## WELLNESS CHECKS

**Mondays &  
Thursdays**

**9:30- 11:00am**

**Mondays:** Card Room 2,  
2nd Floor McDowell

**Thursdays:** Spa Room 1,  
Wellness Center

***Wellness Checks are performed by our  
Solutions for Living at Home staff members.***

## Shoppe on Main

Gifts, Lifestyle Items, Cards, Snacks,  
Martha's Menna Cheese, and more

10:00 am to 12 pm & 1:00 pm to 3:00 pm

## REDUCE ♻️ REUSE ♻️ RECYCLE



Join Bill Belvin in reducing the use of plastic  
and paper bags by using your  
complimentary bag (shown here) from the  
Grounds and Landscaping Committee. Use  
this bag to carry your groceries, to-go orders  
from the Bistro, and purchases from the  
Shop on Main. The bag is made from 100  
percent recycling materials. This small  
change decreases our footprint in what goes  
to the landfill from Still Hopes.

## Life Engagement Services

### MAIN STREET HAIR SALON

Jessica Crawford & Rachael Johnson

Monday-Friday

803.739.5017

### ALTERATION SERVICES

DESIGNS BY JUANITA

Every Wednesday, 10:00-11:00 am

McDowell Second Floor Card Room #1

**No Cash, Resident Charge Only!**

### MEDICAL TRANSPORTATION

Monday-Friday

James Gary

Transportation Coordinator

803.995.8126

Christie James  
Director of Community  
Development  
cejames@stillhopes.org  
803-739-5006



## Donor Hopes and Happenings!

### Evening at the Mansion

#### A Record-Breaking Night

It was a while ago, but the glow from Evening at the Mansion hasn't faded!

Thanks to your generous support, we've raised \$27,258 for Resident Assistance. That makes this year's fundraiser by far our most successful!

We loved seeing everyone in their Diamonds and Denim, and we're so grateful to our amazing staff and to DuPre's Catering for their vision, talents, and heavy lifting.



### The "2nd Fifty" Campaign Is Underway

In May, we launched our 50th Anniversary Campaign—The 2nd Fifty. Our goal is to raise \$500,000 between May 1, 2015 and April 30, 2026 to launch our next fifty years.

**STILL HOPES**  
Episcopal Retirement Community



TRADITION OF  
*giving*  
Generations of impact

**\$137,000** raised of \$500,000 goal as of 7/17/2025

**50**  
Years  
STILL HOPES

**HELP FUND THE  
"2ND FIFTY"!**

Donate at  
[www.stillhopes.org/donate](http://www.stillhopes.org/donate)

Every gift and pledge made to Still Hopes from you, your family, friends, and corporate contacts counts.\* We are off to a tremendous start. As of mid-July, we've raised over \$137,000! Thank you for your support for the newly revitalized Danny Sanford Innovation Fund, Evening at the Mansion, the Andy Armstrong Chamber Music Series, the Chaplain's Discretionary Fund, and more ... even your participation in the Still Hopes Rummage Sale.

Let's keep the energy going and spread the word! Your support today will echo through Still Hopes' future generations of residents and staff.

\*Does not include gifts to resident driven employee appreciation fund.



## Andy Armstrong Chamber Music Series Preparing for 2025-2026 Season



This past 2024-2025 season was a triumph—and thanks to you, we reached our goal of \$30,000 midway through the season! Your support of Life Engagement programs like this world musical class event available to every resident, including those who are challenged by leaving campus.



Happily, Andy is returning with his talented friends for a third season. Our \$30,000 goal remains the same and your early contributions have brought us within arm's reach. As of 7/17/2025, contributions to the 2025-2026 season total just over \$25,000.

We are so grateful to you, Andy, and his guest artists.

## The Freeman Tree A Beautiful Remembrance

At Still Hopes, we have a strong tradition of remembering and honoring those we love with a gift. Sara and Reggie Freeman graced our campus with their beautiful presence for eight years. Many remember and enjoyed their kindness, humor, wit, and Sara's cookies!

Resident Wallis Houseman was particularly touched by their love; a love so strong that they passed within a day of each other. Wallis has memorialized the Freemans with a living symbol of new life resurrection and eternal love: a dogwood tree. The Freeman tree is located on the south side of the mansion lawn.

On April 25th, the Freeman's children, grandchildren, several friends and Still Hopes staff gathered to celebrate Sara and Reggie. Rev. Eric Dye led us in prayer, family members shared happy memories, helped plant the memorial stake, and we gathered for refreshments afterward. It was a beautiful celebration. Even the rain held off with clouds giving way to a sunny afternoon!





# WELLNESS CENTER



Taylor Hall  
Director of Wellness  
thall@stillhopes.org  
(803) 739-5044

*LIVE WELL &  
THRIVE IN 2025*

## Tai Chi for Balance

Start Date: Tuesday, July 29

End Date: Thursday, August 4

Schedule: Tuesdays & Thursdays at 3:00 PM

Location: Petite Studio, HopeWell

Cost: \$120 for 12 classes

This class focuses on improving balance, mobility, coordination, and confidence in movement. Using Taijiquan as a pathway to inner awareness and control, participants will practice subtle weight shifting, improve posture, and develop smooth, balanced movement. Tai Chi is accessible to everyone—you may participate while seated, standing, or using an ambulatory device.

Registration is required. To sign up, please contact the Wellness Center at (803) 223-6180.

## Chair Yoga

**\*\*Chair Yoga will not take place the week of August 18\*\***

Start Date: Tuesday, August 5

End Date: Thursday, September 18

Schedule: Tuesdays & Thursdays at 1:30 PM

Cost: \$60 for 6 classes | \$120 for 12 classes

Location: Petite Studio, HopeWell

This class offers guided movement focusing on the six motions of the spine, aimed at improving mobility and flexibility from the foundation of your “feet and seat.” Breathwork will support lung health and emotional well-being. With the aid of a chair and optional props, students will build strength, improve balance, and enhance range of motion.

Registration is required. To register, please contact the Wellness Team at (803) 223-6180.



## Competitive Giant Jenga played at Beat the Heat - Indoor Games with Life Engagement

Richard Murphy is fearless when it comes to playing Jenga. He is also quite competitive, beating most of his neighbors, because he has nerves of steel. It must be from his military career in the Navy/Air Force. He makes sliding those Jenga pieces look so easy!

## TOWN THEATRE RETURNS THIS SEPTEMBER!

The first show of the season is *Kiss Me, Kate*. We will attend on Saturday, September 14th! Be sure to mark your calendars!



Season tickets have been purchased for those who signed up.

Due to the 36-passenger bus being out of service, we'll be using the 14-passenger bus and will likely shuttle in groups. Check your reminder slip for your assigned time. If you didn't sign up but would like to attend, tickets can still be purchased directly through Town Theatre, 803.799.2510



## The Trenholm Artists Guild (TAG) Juried Show & Opening Reception

Cast your ballot for the people's choice!

Tuesday, August 12, 2025

5:00 PM

HopeWell Lobby / Emilie's Café

## Resident Poetry Reading

Thursday, August 21

3:00 pm

Multipurpose Room

## VIBRANT MINDS

*Creative Hands, Healthy Minds*

**Sunday, August 10 & 31**

USC Students

1:30 to 3:00

Arts by Design

## RESIDENT ART SALE BY RESIDENT ARTISTS

TUESDAY, AUGUST 19

1:30-3:30

ATRIUM

Sign up in the LE Book

## Columbia Museum of Art

Guided tour by Joyce Macauda

FRIDAY, AUGUST 1, 2025

BOARD: 9:30 AM DEPART: 9:45 AM

MCDOWELL FRONT ENTRANCE

BY RESERVATION, SELF PAY

By Reservation Only.

Please register in the Life Engagement Book.

## 15th Annual Trenholm Art Exhibit

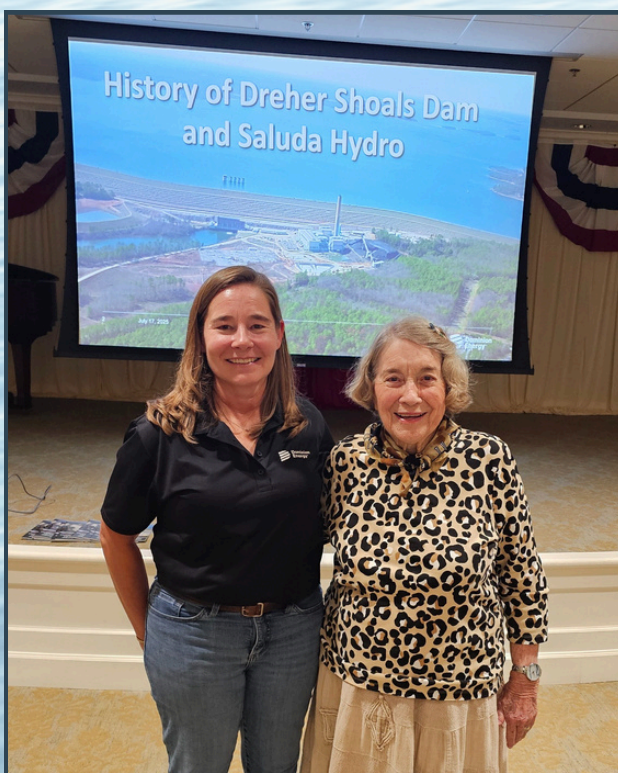


Members of Trenholm Artists Guild are excited to have its 15th show at Still Hopes! With 102 members, the show is bound to include excellent artwork. Members are drawn to enter this show because of the great exhibit space, potential to win an award, and the love and appreciation of the staff and residents of Still Hopes.

Gail Cunningham's acrylic painting, *Friends-Looking Back*, won the Best of Show Award in the 2024 exhibition. In her artist's statement, Gail said that, *Best Friends-Looking Back* is a tribute to all her friends with whom she grew up. "We were all so young and innocent in the 60's with a world of possibilities ahead of us!"

The show will include two-dimensional media created by amateur and professional artists. Still Hopes residents and staff members as well as others who attend the reception and awards ceremony (scheduled for Tuesday, August 12, 5-6:30 pm) are invited to vote for their selection for the coveted People's Choice award. The exhibit will hang in the gallery hallway adjacent to Emilie's Café through September 27.





## History of Lake Murray by Boat and by Land

Residents enjoyed a midday cruise on the Spirit of Lake Murray boat in July where they learned the history of Lake Murray from the water. Back on land, Amy Bresnahan, a civil engineer at Dominion Energy and daughter of Betty Jean Ireland, offered a different perspective during a presentation in Keenan. She showcased the "energy side" of Lake Murray and how the dam produces electricity. To top off the month, residents returned to Bomb Island to see the breathtaking Purple Martins' migration aboard the Spirit of Lake Murray.











# STILL HOPES

Episcopal Retirement Community

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